

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 01238, Ice cream sandwich

Report Date: December 09, 2015 19:21 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	48.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kcal	237	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kJ	990	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Protein	g	4.29	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Total lipid (fat)	g	8.57	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Ash	g	1.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carbohydrate, by difference	g	37.14	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Sugars, total	g	18.57	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Minerals</b>													
Calcium, Ca	mg	86	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Iron, Fe	mg	0.26	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Magnesium, Mg	mg	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Phosphorus, P	mg	72	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Potassium, K	mg	115	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Sodium, Na	mg	129	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Zinc, Zn	mg	0.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Copper, Cu	mg	0.254	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Manganese, Mn	mg	0.381	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Selenium, Se	µg	3.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
Thiamin	mg	0.111	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Riboflavin	mg	0.146	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	1.566	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Pantothenic acid	mg	0.209	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-6	mg	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, total	μg	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folic acid	μg	27	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, food	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, DFE	μg	53	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Choline, total	mg	8.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-12	μg	0.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin A, RAE	μg	86	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Retinol	μg	86	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Cryptoxanthin, beta	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin A, IU	IU	286	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lycopene	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lutein + zeaxanthin	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin K (phylloquinone)	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
<b>Lipids</b>													
Fatty acids, total saturated	g	2.317	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
4:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
6:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
8:0	g	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
10:0	g	0.056	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
12:0	g	0.416	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
14:0	g	0.167	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
16:0	g	0.984	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:0	g	0.617	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fatty acids, total monounsaturated	g	2.661	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
16:1 undifferentiated	g	0.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:1 undifferentiated	g	2.634	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:1	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fatty acids, total polyunsaturated	g	2.272	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	2.119	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:3 undifferentiated	g	0.147	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:4	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:4 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:5 n-3 (EPA)	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:6 n-3 (DHA)	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Cholesterol	mg	21	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	04/2011
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Caffeine	mg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Theobromine	mg	122	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011